

January 2006



Holiday Past

Looking back on this past holiday season, the Newton Senior Center wishes to acknowledge those in the community who made it so very special.

- The **Newton Lions Club & Newton Kiwanis Club**, who by their generosity sponsored a beautiful Thanksgiving Meal for almost 40 citizens who, might otherwise have spent the holiday alone.
- The dedicated and giving **volunteers** who served the Thanksgiving Meal.
- **Cabot's Ice Cream** who donated the ice cream to top off the traditional apple pies at Thanksgiving.
- The **Newton Senior Center Swing Band** for a wonderful afternoon of music in the holiday spirit.
- **The Silver NewTones**, the Senior Center choral group, for singing us through the holidays with a very special concert.
- **The community at large** for supporting our Annual Gift & Craft Fair, that embodies the spirit of giving.
- **All of you who** helped us bring in the New Year in style at our annual New Year's Party!

Looking ahead to the coming year, the Newton Senior Center has set its sights on continuing to be a place where; friendships are born and nurtured, citizens find answers to their questions, seniors can come to feel energized, healthy and nourished and the community can be proud of this great resource.

Post-Holiday Talent Show!

Give yourself a gift this holiday season and come to our "**Post-Holiday Talent Show**"! Those of you who wish to perform should let Joanne know and you will be placed on the program.

This event is always full of surprises. Don't miss it!

Wednesday, January 4 at 1:00

Program Changes as of January 2006

ADDITIONS

1. **Cribbage Lessons** will resume on Thursday, January 5- 10-11:30. *Please call in advance to pre-register.*
2. **Beliefs, Yours & Ours** -a lively discussion, with our Social Work Intern, Alison Wintman, beginning Tuesday, January 10 at 1:00.
3. **Duplicate Bridge** will be played the first Saturday of each month starting January 7, from 10:30-3:30. (Please bring lunch!)
4. **Bingo** will be played on the last Saturday of each month from 12:30-3:00, beginning January 28.

CANCELLATIONS

Saturday Aerobics and Saturday Yoga have been canceled due to declining attendance. Both Aerobics and Yoga will continue to be offered during the week at their regular times.

Tax Season is Just Ahead!

The Newton Senior Center is gearing up for another *tax season*. Please call 617-796-1660 to make your appointment. Appointments will begin on February 6, and run until April 15. See page 6, for a list of items you will need. We will happily e-file your returns upon request.

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THE NEWTON SENIOR CENTER STAFF

617-796-1660.....FAX 617-969-9560

Web Site Address – www.newtonseniors.org

Center Hours: 8:30-4:00 Monday-Friday & 10:00-4:00 Saturday



Staff

Jayne Colino	Director
Alice Bailey	Administrative Coordinator
Joanne Fisher	Program Coordinator
Kathy Laufer	Clinical Social Worker
Alison Wintman	Social Work Intern
Ana Gonzalez	Outreach Worker
Lucy Wentzell	Week End Coordinator
Lucy Bedigian	Lunch Site Manager
Camille Pelligrini	Assistant Site Manager
Bill and his Drivers	Transportation
Bernadette Castellanos	Nurse
Cornelia Culici	Nurse
Elaine Sullivan	Nurse
Carlene Kelly	Receptionist
Timothy Dart	Custodian AM
Ken Doucette	Custodian, PM

Coming of Age SUBSCRIPTION FORM

I would like to receive “Coming of Age” monthly at my home. Enclosed is my payment of \$6 for a subscription ending July 1, 2006.

Name_____

Street_____

City_____ State____ Zip_____

Please mail to Newton Senior Center, 345 Walnut St., Newtonville, MA 02460. NOTE: All Newton residents over the age of 60 receive complimentary copies of the Coming of Age four times a year. (February, May, August, & November).

PLEASE NOTE: Copies of the Coming of Age may be picked up, at no charge at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city. ***It may also be accessed on the WEB... Go to www.newtonseniors.org Then go to Our Programs, choose Coming of Age.***

***All of our programs are handicapped accessible.
Please call ahead to arrange for specific needs***

Disclaimer- We thank the advertisers featured in this newsletter for their support. It is their support that makes the printing of the Coming of Age possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.



Getting Around

Senior Transportation Services

- **Medical Transportation**- for Newton Seniors to medical appointments within the City of Newton and some destinations within 2 miles of the city. *Reserve 3 days ahead.* Please call 617-796-1288 to reserve. ***Vouchers at a suggested voluntary donation of \$2 each*** way are available at the Senior Center, or by mail, by calling 617-796-1660.

- **The Shopper's Bus** will take you for weekly marketing. Door-to-door service & assistance with bundles provided. Please call 617-796-1288 to reserve.

There is a suggested voluntary donation of \$2 round trip

- **Transportation to the Newton Senior Center**- Service 6 days a week. Reserve by 4:00 the previous day. Pick-ups begin at 8:30. Returns through the day until 3:45. Saturdays begin at 10:00. Please call 617-796-1660 to reserve.

There is a suggested voluntary donation of \$2 each way.

A **Punch Card** is available at the Newton Senior Center, good for 30 rides with no expiration date. The suggested, voluntary donation of \$30 is a savings of half price over individually paid rides.

These services are provided regardless of donation.

"OTHER TRANSPORTATION SERVICES"

Busy Bee Medical Transportation – medical transportation to towns surrounding Newton and major medical buildings in Boston. This service has a suggested donation of \$4.00 each way and requires advance reservations.

Call 1-800-427-0230 for more information.

"The RIDE"- Call 617-222-5123 to find if you are eligible. This is transportation for those who can't use public transportation, due to a disability. Rides seven days a week to Newton and surrounding areas for \$1.50 each way. *Handicapped accessible, advance reservations required, pre-registered riders only.*

What's Happening at the Senior Center

Prostate Cancer Support Group

Man-to-Man- First Friday of each month, 10:30 AM. This month's meeting is January 6. This is a Prostate Cancer Support Group, sponsored by the American Cancer Society, for survivors and those currently being treated. *Questions??? Call 617-796-1660.*

HEALTH STOP

Elaine Sullivan, RN from the Health & Human Services Department, will talk about current health issues on the 2nd Monday of each month at 10:30 AM. All welcome! *This month on January 9, hear about "Winter Safety". (See page 15.)*



SHOPPERS pre-register to take the Senior Center Van to Target in Watertown, on Monday, January 23. *Your pre-payment of \$2 holds your seat. Depart Center-10, return- 2. Please cancel as soon as possible so we can fill the seat! (There is always a waiting list.)*

Volunteer Meeting! Please attend on Monday, January 9 at 1:00.

Greater Boston Senior Computer Group

The Greater Boston Senior Computer Group meets on the 2nd Wednesday of each month at the Senior Center. This month, January 11. Topic: What is data base & how can it be used to organize personal information. *For more information contact Eve Welts Ewelts@rcn.com or 781-894-4948.*

SHOWA Visits

The SHOWA School of Brookline will once again visit the Newton Senior Center for a lively cultural exchange. Students visiting from Japan will share thoughts and experiences with seniors, Tuesday, January 17 at 10:30. They will return again on January 24, to offer a brief musical performance.

DIGITAL PHOTOGRAPHY

Come to a slide show & demonstration by George Martins, Wednesday, January 18, 10-11:30. How do you choose to buy one among the hundreds of cameras? What are the important steps in taking a good photograph? Should you make prints by yourself, at a local store or via an internet service? What photo editors are available for changing brightness, contrast, etc.? How should you organize photos on your hard drive & e-mail to friends? These questions will be answered at the beginner & intermediate levels.

Mid-Winter Celebration

Celebrate mid-winter with pizza, music & dancing. January 20, 11:45. Please pre-register by 11:00 the previous day.

More... What's Happening



Computer Bulletin Board

We offer classes for
**Beginners, Internet, Quicken & Word
Processing**

PLEASE NOTE: In an effort to assist citizens in accessing personal information related to Medicare Part-D, the Senior Center is suspending computer classes until March. Our computers will be committed to this project.

The Low-Vision Group meets the first Monday of the month at 10:00. Those wishing to stay for lunch should reserve by 11:00 the previous Friday. Those wishing transportation should arrange this by 4:00 the previous Friday. This month's meeting will be held on Monday, January 9, because of the Monday holiday.

" Music in January! "

- Wednesday, January 4- 11:45... Lunchtime piano with **Victor King.**
- Friday, January 6- 11:45...Lunchtime piano with **Victor King.**
- Wednesday, January 11- 11:45... Lunchtime piano with **Victor King.**
- Friday, January 13- 11:45... Lunchtime piano with **Harold Kaswell.**
- Wednesday, January 18- 11:45... Lunchtime piano with **Victor King.**
- Friday, January 20- 11:45... Mid-Winter Celebration with **John Rampino**
- Wednesday, January 25- 11:45... Lunchtime piano with **Victor King.**
- Friday, January 27- 11:45... Lunchtime piano with **Victor King.**



TOUR THE SENIOR CENTER

If you wish to have a tour of our Senior Center and learn about our programs and services, please call Joanne at 617-796-1670 for an appointment.

*Join Senior Center Director, Jayne Colino, for a
"Dialogue with the Director"
Tuesday, January 24, at 12:00.*

**Many Thanks to the following-
for their generous donations:**

- Marilyn Rubin, in memory of Lillian Newell
- Great Harvest Bakery for so many wonderful baked goods.
- Dalia Stern in appreciation of the Senior Center.
- Brownie Troop #3458 for beautiful holiday centerpieces.

In honor of Helen Tarnower's 90th Birthday

- Alice Costello
- Eve Weiner
- Sylvia White
- Gloria Cohen

What to Bring to Your Tax Appointment

(Not everything will apply to everyone!)

Income

1. Last year's tax return- Federal & State
2. W-2 from each employer
3. 1099- Advisor fees (management fees).
4. Unemployment compensation statements
5. SSA- 1099 All Social Security Forms
6. 1099 forms reporting interest (INT), dividends (DIV), proceeds from sales (B), as well as documentation showing the original purchase price of your sold assets.
7. 1099-R form if you received a pension or annuity.
8. 1099-Misc form, showing miscellaneous income.
9. Social Security numbers for all dependents.

Deductions & Credits

1. 1098 form showing the amount of interest you paid on your home mortgage.
2. Receipts or canceled checks for medical/dental expenses.
3. Receipts for contributions to charity
4. Receipts or canceled checks for income & property taxes you paid as well as records of tax refunds.
5. Dependent care provider information (name, employer ID, social security number)
6. Receipts, canceled checks or 1099 forms related to continuing education (beyond high school).
7. Real Estate Tax Assessment (value), real estate tax bill, water bill.

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***NOTE:*** *The Newton Senior Center reserves the right to cancel classes without notice. Make-up sessions will be scheduled when possible.*



**Santa works 12 months a year.** If you are a knitter, crocheter or crafter, see us for supplies and bring them back completed for our "**Giving**" program. The Senior Center will distribute collected items to grateful recipients *all year long*.

**The Perfect Gift Anytime of Year –**  
**The Newton Throw**

The Newton Council on Aging offers "Newton Throws" in 4 colors. Each one depicts eleven Newton landmarks and are available for purchase at the Newton Senior Center for \$50 each. A portion of this goes to the Newton Council on Aging. **VISIT OUR STORE for these and MORE!**

**Senior Citizen Parking Stickers** *are available only at the Newton Senior Center. Newton residents, 65 years and older must bring a license and registration, both showing a Newton address, at the time of purchase. Additionally, those with leased cars must bring a copy of the lease agreement at time of purchase. New stickers are good for a two-year cycle at a cost of \$6. Senior Citizen parking stickers are good for all municipal lots in the city.*

## **EMERGENCY NUMBERS**

- ✓ Police/ Fire/ Medical emergency: 911
- ✓ Police non-emergency: 617-796-2100
- ✓ Fire non-emergency: 617-796-2200
- ✓ City Hall Customer Service: 617-796-1000
- ✓ Newton Senior Center: 617-796-1660

***If you need help and cannot speak***

**FIRST dial 911** – (touch tone phones only)

**Then press the appropriate number:**

**PRESS 1...Police PRESS 2 ...FIRE**

**PRESS 3...AMBULANCE**

**ELDER ABUSE HOTLINE: 1-800-922-2275**

### **Donations to the Social Service Department**

The social service department at the Newton Senior Center recycles used durable medical equipment and other small household items for seniors at no cost. We will accept equipment that is ***gently used and in good working order***. *If you would like to donate items or are in need of an item, please call Ana or Kathy at 617-796-1660.*

**The Senior Store** *is open all year long.*  
Just visit our main floor, at the Newton Senior Center.  
We welcome your contributions!

# january 2006 (Programs subject to change)

| SUNDAY    | MONDAY                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                                           |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b>  | <b>2</b><br><br><b>Center Closed for<br/>New Year's Holiday</b>                                                                                                                                                                                   | <b>3</b><br>9:00-10:00- Aerobics<br>10:30 Muscle Conditioning<br>9-10 -Beginning Spanish<br>10:30-11:30-<br>Intermediate Spanish<br>11:45-Lunch-<br>Stuffed Pepper<br>Tuna Salad<br><b>12:30- Matter of Balance</b><br>(pre-reg.) canceled today<br>1-Bingo<br><b>1:30 - Swing Band</b>                                                                 | <b>4</b> <b>9-12 Health Clinic</b><br>9-12- Pool Cues<br>9:30 – Fine Arts Class<br>11:45- Lunch-<br>Baked Ham<br>Seafood Salad<br><b>Victor King- piano</b><br>1- Feel Good- <b>Talent Show</b><br>1- Choral Group<br>1-Duplicate Bridge<br>1-SHINE                                 |
| <b>8</b>  | <b>9</b><br>9-12- Pool Cues<br><b>10- Low-Vision Group</b><br>10:30-12- Fine Arts Workshop<br>10:30- <b>HealthStop</b><br>11:45- Lunch-<br>Fish Tenders<br>Egg Salad<br>1- <b>Volunteer Meeting</b><br>1-Sewing<br>1 –Scrabble<br>2-Yoga (chairs) | <b>10</b><br>9:00-10:00- Aerobics<br>10:30 Muscle Conditioning<br>9-10 -Beginning Spanish<br>10:30-11:30- Intermediate Spanish<br>11:45-Lunch-<br>Chicken Supreme<br>Chef's Salad<br><b>12:30- Matter of Balance</b><br>(pre-registered)<br><b>1- Beliefs: Yours &amp; Ours</b><br>1-Bingo<br>1:30 - Swing Band                                         | <b>11</b> <b>9-12 Health Clinic</b><br>9-12- Pool Cues<br>9:00- <b>Computer Group Meets</b><br>9:30 – Fine Arts Class<br>11:45- Lunch-<br>Meatloaf<br>Ham & Cheese<br><b>Victor King- piano</b><br>1- Feel Good<br>1- Choral Group<br>1-Duplicate Bridge<br>1-SHINE                 |
| <b>15</b> | <b>16</b><br><br><b>Center Closed for<br/>Martin Luther King Holiday</b>                                                                                                                                                                          | <b>17</b><br>9:00-10:00- Aerobics<br>10:30 Muscle Conditioning<br>9-10 -Beginning Spanish<br>10:30-11:30- Intermediate Spanish<br><b>10:30 -SHOWA Boston</b><br>11:45-Lunch-<br>Turkey Stew/<br>Roast Beef & Cheese Platter<br><b>12:30- Matter of Balance</b><br>(pre-registered)<br><b>1- Beliefs: Yours &amp; Ours</b><br>1-Bingo<br>1:30 Swing Band | <b>18</b> <b>9-12 Health Clinic</b><br>9-12- Pool Cues<br>9:30- Fine Arts Class<br>10-11:30 – <b>Digital Photography</b><br>11:45- Lunch-<br>Pier #17 Fish<br>Tuna Platter<br><b>Victor King- piano</b><br><b>1- Feel Good</b><br>1- Duplicate Bridge<br>1- Choral group<br>1-SHINE |



|                  |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                             |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>22</b></p> | <p><b>23</b></p> <p>9-12- Pool Cues<br/> <b>10-2 Van to Target</b><br/> 10:30-12- Fine Arts Workshop<br/> 11:45- Lunch-<br/>                 Beef Stew<br/>                 Ham &amp; Cheese<br/> 1-Sewing<br/> 1- Scrabble<br/> 2-Yoga (chairs)</p> | <p><b>24</b></p> <p>9-10- Aerobics<br/> 10:30 Muscle Conditioning<br/> 9-10 -Beginning Spanish<br/> 10:30-11:30- Intermediate Spanish<br/> 10:30- <b>SHOWA Boston</b><br/> 11:45-Lunch-<br/>                 Lemon Pepper Fish<br/>                 Turkey &amp; Cheese Platter<br/>                 <i>Dialogue w/ Director</i><br/> <b>12:30- Matter of Balance</b><br/>                 (pre-registered)<br/> <b>1- Beliefs: Yours &amp; Ours</b><br/> 1- Bingo<br/> 1:30- Swing Band</p> | <p><b>25</b></p> <p><b>9-12 Health Clinic</b><br/> 9-12- Pool Cues<br/> 9:30- Fine Arts Class<br/> 11:45- Lunch-<br/>                 Chicken w/ Sauce<br/>                 Seafood Salad<br/> <b>Victor King- piano</b><br/> 1-Feel Good<br/> 1- Duplicate Bridge<br/> 1- Silver NewTones<br/> 1-SHINE</p> |
| <p><b>29</b></p> | <p><b>30</b></p> <p>9-12- Pool Cues<br/> 10:30-12- Fine Arts Workshop<br/> 11:45- Lunch-<br/>                 Hawaiian Chicken<br/>                 Roast Beef Platter<br/> 1-Sewing<br/> 1- Scrabble<br/> 2-Yoga (chairs)</p>                       | <p><b>31</b></p> <p>9-10- Aerobics<br/> 10:30 Muscle Conditioning<br/> 9-10 -Beginning Spanish<br/> 10:30-11:30- Intermediate Spanish<br/> 11:45-Lunch-<br/>                 Ham Dinner<br/>                 Chicken Salad<br/> <b>12:30 Matter of Balance</b><br/>                 (pre-registered)<br/> <b>1- Beliefs: Yours &amp; Ours</b><br/> 1-Bingo<br/> 1:30 Swing Band</p>                                                                                                          |                                                                                                                                                                                                                                                                                                             |

| THURSDAY                                                                                                                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                                                                                                                                                                                         | SATURDAY                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>5</b> 9:30-11:30<br>Bridge Lessons<br>10-Retirees Club<br>10:00- Knitting<br>10:30- Cribbage Lessons<br>(pre-register)<br>10:30- Mandarin Chinese<br>11:45- Lunch –<br>Chicken Paprika<br>Sliced Turkey<br>12:30-<br>Ceramics (pre-registered)<br>1-Poker<br>1:00- French Salon<br>1- Yoga (chairs)<br>1- Open Bridge<br>2-Yoga (mats)     | <b>6 9-12- Health Clinic</b><br>9- Aerobics<br>10- Advanced ESL<br>10:00- Autbio. Writing<br>10:30- Muscle Cond.<br>10:30- <b>Man to Man</b><br>11:45- Lunch-<br>Broccoli/Cheese/Fish<br>Grilled Chicken Salad<br><b>Victor King- piano</b><br>12- Chess Nuts<br>1- Scrabble<br>1- Chinese Painting (pre-registered)<br>1- Poker<br>1-Bingo<br>1- Foreign Film | <b>7</b><br><br>10-4 Pool Cues<br><b>11-3:30- Duplicate Bridge</b><br><b>12:30- 3:00 BInGO</b><br><b>12:30- movie-</b><br><b>“Pride &amp; Prejudice”</b> |
| <b>12</b> 9:30-11:30<br>Bridge Lessons<br>10-Retirees Club<br>10:00- Knitting<br>10:30- Cribbage Lessons<br>(pre-register)<br>10:30- Mandarin Chinese<br>11:45- Lunch –<br>Roast Pork<br>Chicken Fajita Salad<br>12:30-<br>Ceramics (pre-registered)<br>1- Poker<br>1:00- French Salon<br>1- Yoga (chairs)<br>1- Open Bridge<br>2-Yoga (mats) | <b>13 9-12- Health Clinic</b><br>9- Aerobics<br>10- Advanced ESL<br>10:00- Autbio. Writing<br>10:30- Muscle Cond.<br>11:45- Lunch-<br>Cheese Lasagna<br>Seafood Salad<br><b>Harold Kaswell on Piano</b><br>12- Chess Nuts<br>1- Scrabble<br>1- Chinese Painting (pre-registered)<br>1- Poker<br>1-Bingo<br>1- Foreign Film                                     | <b>14</b><br><br>10:00-4:00- Pool Cues<br>12:30- movie-<br><b>”Cinderella Man”</b>                                                                       |
| <b>19</b> 9:30-11:30 Bridge Lessons<br>10-Retirees Club<br>10:00- Knitting<br>10:30- Cribbage Lessons<br>(pre-register)<br>10:30- Mandarin Chinese<br>11:45- Lunch –<br><b>Roast Beef Special</b><br>12:30- Ceramics (pre-registered)<br>1-Poker<br>1:00- French Salon<br>1- Yoga (chairs)<br>1- Open Bridge<br>2-Yoga (mats)                 | <b>20 9-12- Health Clinic</b><br>9- Aerobics<br>10- Advanced ESL<br>10:00- Autbio. Writing<br>10:30- Muscle Cond.<br>11:45- Lunch-<br><b>Pizza Party w Entertainment</b><br>12- Chess Nuts<br>1- Scrabble<br>1- Chinese Painting (pre-registered)<br>1- Poker<br>1-Bingo<br>1- Foreign Film                                                                    | <b>21</b><br><br>10:00-4:00- Pool Cues<br>12:30- movie-<br><b>”Mad Hot Ballroom”</b>                                                                     |

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>26</b><br>9:30-11:30 Bridge Lessons<br>10-Retirees Club<br>10:00- Knitting<br>10:30- Cribbage Lessons<br>(pre-register)<br>10:30- Mandarin Chinese<br>11:45- Lunch –<br>Roast Turkey<br>Chicken Pattie<br>12:30- Ceramics (pre-registered)<br>1-Poker<br>1:00- French Salon<br>1- Yoga (chairs)<br>1- Open Bridge<br>2-Yoga (mats) | <b>27 9-12- Health Clinic</b><br>9- Aerobics<br>10- Advanced ESL<br>10:00- Autobio. Writing<br>10:30- Muscle Cond.<br>11:45- Lunch-<br>Salisbury Steak<br>Tuna Salad<br><b>Vic King- Piano</b><br>12- Chess Nuts<br>1- Scrabble<br>1- Chinese Painting (pre-registered)<br>1- Poker<br>1-Bingo<br>1- Foreign Film | <b>24</b><br><br>10:00-4:00- Pool Cues<br>12:30- movie-<br><b>"Lackawanna Blues"</b> |
|                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                   |                                                                                      |

## For Your Information

**SHINE** Counselors answer questions regarding health insurance coverage. Please call 617-796-1660 for a private and confidential appointment.

### **SHINE**

*Serving Health Information Needs of Elders*, is a program of the State Executive Office of Elder Affairs and the Needham Council on Aging.



### **Health Maintenance Clinic Hours**

Nurses from the Newton Health & Human Services Department are available at the Newton Senior Center on Wednesdays & Fridays from 9:00-12:00, to take blood pressure and answer your health related questions. *For further information call The Newton Health Department at 617-796-1420*

### **City of Newton Senior Citizen Tax Relief Programs**

- ***"Property Tax Work-Off Program"***

Eligible Senior Citizens may volunteer in municipal departments and have their time applied toward a reduction in property taxes. *This income is taxable.*

- ***"For Older Citizens" (Clause 41C)***

Eligible Senior Citizens are entitled to a \$1,000.00 exemption.

- ***"For Older Citizens: Tax Deferral" (Clause 41A)***

Eligible Senior Citizens are entitled to defer (delay) payment of any portion of their property bill.

*To find out about this & other property tax relief programs call The Assessors Office, Newton City Hall ... 617-796-1160.*



**The Newton Senior Center has a NEW policy for weather closings. When possible you may hear of our closings on:**

- AM radio- 680
- Channel 7- WRKO
- AM radio 1030- Channel 4- WBZ
- (Cable) NEW-TV- Comcast (9) or RCN (13)

*Or call 617-796-1660 and listen to the recording. The most current information may not be available until 7:00AM. Our closings are no longer those of the schools, as our criteria for decision-making is different. When in doubt, stay home and stay safe!*

### **SENIOR CENTER MEALS**

The Newton Senior Center serves

***Lunch every Monday-Friday at 11:45.***

- Reserve by calling 617-796-1660 by 11:00 the previous day. Choose your menu at this time.
- Reservations are forfeited after 12:00.
- Those not reserved will be asked to wait until 12:00 when we will serve them if there is food available.
- A donation of \$1.75 is suggested per meal.
- *Springwell*, makes these lunches possible.

**Baked goods** are provided by  
*Arnold Andler.*

### **Canceling Transportation to the Senior Center**

The Newton Senior Center provides door-to-door transportation daily for Newton Residents upon request. (See p.3).

- Riders must call and cancel at least 1 hour before scheduled pick-up.
- Riders who fail to cancel 3 times in 30 days will forfeit this service for the next 30 days.
- Riders will be reminded each time they fail to cancel.



**Watch NEW TV - your Cable Access Station**

- ***"View From The Hall"***- Mayor Cohen hosts! *Monday-Sunday 6AM, 2PM, 5PM, Tuesday-Friday 7:30PM*
- ***Mayor's Press Conference***- *Monday-Friday 12PM, 3PM, 6PM*
- ***"Spotlight on Seniors"***- *Monday 12:30PM- Thursday, 10AM, 4:30PM- Saturday, 2PM & Wednesday 6:30PM*  
*(Channels 9, 10, 15, depending on your cable provider)*

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The Newton Senior Center airs its own 30-minute program, ***"Coming of Age"***, on the (Red Channel).
Channel 9 on Comcast / Channel 13 on RCN.
Monday-Friday 3PM , 5:30PM
Saturday & Sunday 8:30AM

FROM THE DESK OF OUR SOCIAL WORKER

The Social Service Staff of the Newton Senior Center is available to individuals and families. Please call the Center to leave a confidential message with Kathy Laufer or Ana Gonzalez, if you would like some assistance. (617-796-1660).



What Do You Believe?

Social science research indicates that values and beliefs are an important component of human nature and culture. They provide a moral framework that guides our actions, lends purpose to our lives and helps us interpret our world. New studies suggest that beliefs may have a biological basis, providing a standard against which the brain can evaluate events, people and interactions as good or bad. Although beliefs may originate in the brain, they are ultimately shaped and refined by culture, family, education, and personal experience.

Beliefs can be categorized as either empowering or limiting. Limiting beliefs are those that close off possibilities and restrict our ability to consider other views. Stereotypes of people or groups are examples of such limiting beliefs. Limiting beliefs can also take the form of self-doubt, which may prevent us from reaching our aspirations and potential. Empowering beliefs, on the other hand, identify and expand possibilities.

Beliefs serve as touchstones that help us identify what is genuine and significant in our lives. They also suggest modes of conduct, such as hard work or commitment, to actualize these possibilities. In this way they may become a source of motivation for personal growth or promoting a better world.

According to sociologist Christian Smith, our beliefs are personal narratives that bestow meaning on the events in our lives by highlighting their relation to the whole of our experience. As self-conscious beings, we are able to step-back from our lives and evaluate the beliefs we hold. And by reflecting on our beliefs, we hopefully arrive at what is the best part of ourselves.

In 1951, responding to his concern that American ideals were being compromised by fear, program host, Edward R. Murrow, created the CBS radio series, *This I Believe*. Each week, Americans, both famous and unknown, were invited to read essays expressing their personal philosophies of life. National Public Radio resurrected this inspiring program in 2005.

In January, the Senior Center will offer a discussion group that looks at the subject of belief. Using essays from the NPR series as a starting point for our discussions, this forum will provide an opportunity to explore the principles that guide our lives and the experiences that form our basic values. While there is no one correct belief and no belief can provide all the answers, we can learn from and be inspired by each person's unique insights. *Come add your voice. Beginning Tuesday, January 10, 2006 @ 1:00 p.m. in the Library Lounge.*

For more information, call Alison Wintman at 617-796-1674.

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**BOOK CLUB** - Our next meeting will be on Tuesday, February 7, 2006 at 1:00, at which time we will discuss *Under the Banner of Heaven* by Jon Krakauer. Kathy Laufer, Senior Center Social Worker, will lead a discussion of the book. Please join us and help plan future meetings.

# Services for You

## **BROKEN APPLIANCES?**

The fix-it fellas will attempt to repair your small appliances.  
Bring items to- Scandinavian Living Center, 206 Waltham St.

Wednesdays, 1:00-3:00.

*Cost of parts required. Donations welcome.*

**SOAR-** Service Opportunities After Retirement

*Questions? 617-969-5906 x 120*

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## **Newton /Brookline Consumer Office**

Housed in Newton City Hall this office is available to answer your consumer questions and mediate your issues around purchases of goods and services for your personal use.

*They may be reached by calling, 617-796-1292.*

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## **Need minor house repairs** but can't afford them?

If you are 62 years old or older *or* physically or mentally challenged *and* a Newton resident you may be eligible for a GRANT for home repairs.

Call the Newton Housing Rehabilitation Fund at  
617-796-1150 or stop by 492 Waltham St.

**See them on the 2<sup>nd</sup> floor!**



## **New MBTA FARE CARDS**

The MBTA is implementing new fare collection equipment and is replacing all valid Senior Citizen ID's & Transportation Access Passes for the disabled. *Passes are available from the MBTA*

*call for information...*

617-222-5976

**Visit ...The NEWTON SENIOR CENTER website at  
[www.Newtonseniors.org](http://www.Newtonseniors.org)**

*Site developed by Senior Web Solutions with  
a Grant from Merck Company Foundation*

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**The National Safe Return Program** operated with the support of the U.S. Justice Department, coordinates efforts to locate and recover wanderers who become lost. Does someone you love have Alzheimer's Disease or a memory disorder? Register them with the *Alzheimer's Association Safe Return Program*. Call 1-800-548-2111.

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The Newton Council on Aging has a "**FILE OF LIFE**" for each Newton Senior Citizen. Get your refrigerator magnet on which to list important emergency information at the Newton Senior Center

Please update regularly.

Take Note!

NEWTON RETIREES CLUB

Meetings are held weekly at the Newton Senior Center

Every Thursday from 10:00- 11:45

January 5... Mayor Cohen, "The State of the City"

January 12... Current Events Discussion Group

January 19... To be announced

January 26... Larry Diamond, "Finances for Seniors"

*Retiree programming is developed independent of the
Newton Senior Center*

Foreign Film Buffs!

Every Friday at 1:00PM the Newton Senior Center shows a foreign film with subtitles. All are welcome to drop-in and take a short trip by armchair. Titles not announced in advance. (Don't you just love surprises?) *A donation of 50 cents is suggested.*



FEEL GOOD

Every Wednesday at 1:00... Drop-in and you will "feel good"!

January 4... Talent Show!

January 11... Peace & Reconciliation (Hebrew Senior Life)

January 18... Relax with Steffi

January 25... Jazz on a Winter's day with Vin Tuscher

Your Signature is Money in the Bank!

Every time you enter the Newton Senior Center we ask that you "sign-in". There is a book at the main (rear) entrance for this purpose. Even when you use the front (Walnut Street) entrance we ask that you come sign this book. When organizations such as the Senior Center seek funding the question always is, "How many people attend or will benefit from the expenditure of these funds?" The numbers that we can provide by collecting your signatures are key to our success in obtaining the funding we seek. Your signature is truly, "money in the bank"!



LOOKING AHEAD to February

Man-to-Man... Friday, February 3, 10:30AM

Prostate Cancer support group

Legal Appointments... Friday, February 3, 12:00-2:00 PM





DONATION BOXES!

The Newton Senior Center now has “donation boxes” attached to the wall in each program space. A staff person will be emptying them regularly. Please use them when attending programs. *Below please find a listing Newton Senior Center programs and their suggested donations or payments. The following are “donation” programs. Please give only what you can. All donations are anonymous and voluntary:*

- Fitness Programs -\$2 donation
- Language Programs -\$2 donation
- Art Programs- \$1 donation
- Lunch- (Monday through Friday) \$1.75 donation (punch card available)
- Transportation (to/ from the Center) \$1 donation (punch card available)
- Games-\$1 donation
- Recreation- movies (50 cents), Feel Good (\$1), Mall Trips (\$2)
- Classes-\$1
- Special Programs- \$1 donation

The following are “pay-as-you-go” programs. Please pay at start of each meeting.

- Bingo- 50 cents a card
- Duplicate Bridge- \$2
- Open Bridge- \$1

The following are programs that are hosted by the Center and “may” collect their own dues.

- Greater Boston Computer Group
- Newton Retirees Club

The following are pre-register/ pre-pay programs:

- Computer Lessons- \$40 for 6 weeks
- Chinese Painting- \$24 for 8 weeks
- Ceramics- \$32 for 8 weeks

Support Groups, Social Work Meetings, Tax Assistance, SHINE (Serving Health Information Needs of Elders), Health Clinic, Legal Consultations, Outreach, etc, do not suggest a donation. Other programs not listed fall into the category of “volunteer groups”. Those of you who wish to show your appreciation through a donation may make one at any time through the office.

From the Health Department

By Elaine Sullivan, RN



Winter Preparedness and Safety

Many problems are associated with the winter and how we handle the changes in temperature and the snow and ice and this is when injuries occur. January, February and March are the leading months for home fires and associated deaths in the US. Another problem associated with cold weather is hypothermia. More than 700 people die each year of hypothermia (low body temperature) caused by extended exposure to cold temperatures either indoors or outside. More than ½ of those are in people 65 or older and more men than women. Motor vehicle crashes in snow and sleet account for 131,000 accidents, 30,000 injuries and 600 deaths annually. And last but not least snow blowers/throwers account for 5,300 emergency room visits each year, 1,000 accidental amputations of fingers and believe it or not 9 deaths!

We can always improve upon what we do to be prepared and “weather the storm”.

Stock up on supplies that will help you get through being stuck at home. Stock up on drinking water, canned goods- (don’t forget a non-electric can opener-) radio and flashlight, batteries for both, and other foods that don’t require refrigeration or cooking such as peanut butter, crackers, cereal bars, canned or powdered milk.

You should be sure to winterize your home. That may mean adding insulation, storm windows or even a layer of plastic over windows to decrease drafts. Make sure your heating system is clean and functioning well and that you have adequate fuel. Keep your car tuned up and fueled and have a road emergency kit in the trunk. A cell phone is also helpful.

If you are going to drive, watch weather reports and avoid driving during or right after a storm. Know safe routes and always let someone know your route if you are traveling a long distance. Know, understand and react appropriately to weather warnings!

1. winter storm watch= be alert, a storm is likely
2. winter storm warning= take action, the storm is in or entering the area
3. blizzard warning= snow and strong winds will combine and cause near blinding conditions, it will be very hazardous to drive or to be outside
4. wind chill= this is a combination of temperature and wind that causes it to feel much colder than it is. When it is low, try and stay home

After storms, wait until the roads are clear to venture out. Check the condition of your home for any damage and be sure vent pipes for your heating system aren’t blocked. It’s a good idea to make sure the exhaust pipe on your car is also not blocked by snow before starting it up. It’s safest not to sit in it while you are warming it or at least have a window open to ensure ventilation.

*Come hear Elaine at HealthStop,
January 9, 10:30AM, at the Senior Center*

Newton Parks & Recreation Programs for People Over 55- January 2006

Day Trips: Foxwood's Casino, Wednesday, January 25, \$25. Includes lunch & KENO tickets. Wait list only! *New Spring brochure to be mailed in February. Call to be put on mailing list if new to travel program.*

Thursday Cards: Thurs. 11:30-4 PM. Scandinavian Living Center, GOLF, SCAT & Cribbage. Cards provided.

Cribbage- Every Mon., 10-3 PM at Albemarle Fieldhouse. Cards & coffee provided. Bring your lunch! Newcomer's welcome!

Aerobics: Workman's Work-Out, 10 weeks, \$80, 6:15-7:15PM, Tuesday & Thursday, Lower Falls Community Center. Come try it! First lesson free to newcomers.

Dawn's Aerobics: Wednesdays, 9-10 AM, Lower Falls Community Center, \$40, 10 week session or \$5 a class.

Call Mary Brown at 617-796-1500
or go to the web,
www.ci.newton.ma.us/parks
click on "Over 55"

Walking Club: The Early Morning Walkers Mon.- Fri. at 7 AM, Albemarle Fieldhouse. Walk a measured mile, then enjoy Vera Oszy's famous coffee! Weather permitting.

Ballroom Dancing: Line/ballroom dance with Disc Jockey, Helen Murphy every Thurs., 1-4, at Emerson Community Center. \$1 donation.

Aquatics: Aquatic exercise or lap swimming, Tuesdays, at the Newton North Pool. 1:30-2:30PM and Fridays at Boston College Pool 10-11 AM. \$3 per class or \$30 unlimited attendance starting last week in January until May.

Theatre Buffs: December 21, "White Christmas", Wang Center, Boston. Waiting list only.

Men's Basketball for Seniors: Call John Stewart 617-969-0950. Tuesdays & Saturdays at the Hawthorne Gym.

Pilates: Wednesdays, Lower Falls Community Center, 6:15PM, \$40 for 10 weeks.

Tai-Chi & Muscle Toning: Mondays, 10AM, Lower falls Community Center. 7 weeks. \$15. New session first week in February.



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